

## Worksite Challenge: Fit with 5

### Team Log

(For Team Captains)

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

Each individual team member can accumulate up to 42 points a week. Remember that an extra 10 points per week can be earned if all team members meet the goal of being active at least 30 minutes daily and eating at least five servings of fruits and vegetables daily for five or more days per week. An extra five points can be earned every two weeks if the team log is turned in on time to your coordinator.

#### NAMES OF TEAM MEMBERS

WEEK							EXTRA POINTS	TOTAL TEAM POINTS
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
TOTAL INDIVIDUAL POINTS								